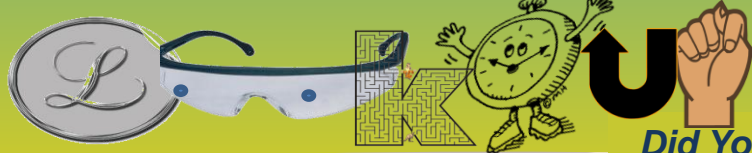


Lookout

Issue 2, August 2010



Safety Note: "Take Time Off"

At the July KSC Executive Safety Forum, Center Director Bob Cabana told the audience to **"Take Time Off!"** He said it is very important to take time with family and friends and allow yourself the opportunity to completely detach from your work environment. You workaholics may gasp at this idea, but there is ample research to support Cabana's position.

Former NASA scientists, working on behalf of Air New Zealand, recently found that vacationers experienced an 82 percent increase in post-trip job performance. The now popular micro-vacations -- taking two or three days off -- do not deliver the same stress-reduction benefits as vacations that last one and two weeks, research shows. Moreover, experts agree that a key ingredient in peak performance is a drastic change of venue coupled with shutting down for extended periods of time. "Making yourself available 24/7 does not create peak performance," said psychiatrist Edward Hallowell, an instructor at Harvard Medical School.

Now, with that said, please don't all rush to your supervisors and immediately request a two-week vacation having reasoned that the center director said so. Instead, take a few minutes to carefully evaluate how you spend your time -- when was the last time you took a real vacation? Do work-related functions occupy more than eight to 10 hours of your day? Do you often go home and get distracted by work-related thoughts? Has your spouse screamed, **"WE BETTER GO SOMEWHERE SOON, OR I'M GOING ALONE?"** If so, as comedian Jeff Foxworthy would say, "You might be a workaholic!" That means you may **NEED** to follow Cabana's advice and take some well-deserved time off.



Watcha Gonna do When THEY Come for YOU!

What would you think if you were driving to work and someone flew past you going well over the speed limit? You may say to yourself, "What's new about that?" But, what if further down the road you saw that same car in a collision with another car? You also find out later that both drivers are coworkers and both suffered serious injuries. Well, if you'd hate to see this happen, it is best to tell your speeding buddies to **"SLOW DOWN!"** There has been a dramatic increase in speeding violations on KSC property. From May through July 2010, there were **327** citations issued for speeds at least **16 mph** above the posted limit.



One of the worst feelings in the world



Speeding citations of 11 to 19 mph over the speed limit result in 4 points against your KSC driving privileges. Your KSC driving privileges **will be suspended** if you incur:

- 12 points within a 12-month period -- 30-day suspension
- 18 points within an 18-month period -- three-month suspension
- 24 points within a 24-month period -- one-year suspension

The center director and KSC Security Office are becoming increasingly concerned with speeding violations. If the KSC work force fails to slow down, you may soon see more flashing blue and red lights on center property.

So, why is speeding such a big deal? Can you count how many times you've witnessed cars tailgating, squeezing between cars in and out of lanes, driving over the large white crossing markers on the road, flying through lights turning red, and rolling through stop signs? Well, each time you see this, you should feel very thankful you are not a witness to a collision, because these are examples of the aggressive behaviors that cause them.

Truth be told, driving 10 to 15 mph over the speed limit only reduces your commute by a minute or two. So why risk harm to yourself and others? **Stay calm, be patient and get there safely.**

Did You Know

The leading cause of vehicular incidents on KSC property is employees backing or driving into stationary objects. Year-to-date, there have been about **\$52,587** in vehicle damages. Of that, nearly **46%** have been government-owned vehicles. Tour buses account for the highest cost of company-owned vehicle damages with about **\$15,000**.

It may be redundant, but **PLEASE** remember to take the following steps when driving:

- **Actually** look behind your vehicle before backing
- Never underestimate your clearance space
- Never stop "just shy" of any object
- Always remember there is **NO** such thing as an expert driver, so always take precautions!

Interesting Facts

A new survey by Hudson professional services firm revealed that more than half of American workers fail to take their well-earned vacation days.

- **30%** say they use less than half their annual vacation time
- **20%** only take a few days instead of a week or two at a time
- **42%** claim they have to cancel vacation plans "regularly"

Americans today take even less vacation than the Japanese, the people who gave rise to the term **"Karoshi"** -- the phenomenon of being worked to death.